

# NAVY ALCOHOL AND DRUG ABUSE PREVENTION (NADAP)

MAY 2015



## RISKY DRINKING CAN PUT A CHILL ON YOUR SUMMER FUN

Summer is a wonderful time for outdoor activities with family and friends. For many people, a day at the beach, on the boat, or at a backyard barbecue will include drinking alcoholic beverages. But excessive drinking and summer activities don't mix. Drinking impairs both physical and mental abilities and it also decreases inhibitions—which can lead to tragic consequences on the water, on the road, and in the great outdoors. In fact, research shows that half of all water recreation deaths of teens and adults involve the use of alcohol.

### SWIMMERS CAN GET IN OVER THEIR HEADS

Alcohol impairs judgment and increases risk-taking, a dangerous combination for swimmers. Even experienced swimmers may venture out farther than they should and not be able to make it back to shore, or they may not notice how chilled they're getting and develop hypothermia. Even around a pool, too much alcohol can have deadly consequences. Inebriated divers may collide with the diving board, or dive where the water is too shallow.

### BOATERS CAN LOSE THEIR BEARINGS

According to research funded by the National Institute on Alcohol Abuse and Alcoholism, alcohol may be involved in 60 percent of boating fatalities, including falling overboard. And a boat operator with a blood alcohol concentration (BAC) over 0.1 percent is 16 times more likely to be killed in a boating accident than an operator with zero BAC. According to the U.S. Coast Guard and the National Association of State Boating Law Administrators, alcohol can impair a boater's judgment, balance, vision, and reaction time. It can also increase fatigue and susceptibility to the effects of cold-water immersion. And if problems arise, intoxicated boaters are ill equipped to find solutions. For passengers, intoxication can lead to slips on deck, falls overboard, or accidents at the dock.

### DRIVERS CAN GO OFF COURSE

The summer holidays are some of the most dangerous times of the year to be on the road. When on vacation, drivers may be traveling an unfamiliar route or hauling a boat or camper, with the distraction of pets and children in the car. Adding alcohol to the mix puts the lives of the driver and everyone in the car, as well as other people on the road, at risk.

### STAY HYDRATED AND STAY HEALTHY

Whether you're on the road or in the great outdoors, heat plus alcohol can equal trouble. Hot summer days cause fluid loss through perspiration, while alcohol causes fluid loss through increased urination. Together, they can quickly lead to dehydration or heat stroke. But this doesn't have to happen. At parties, make at least every other drink a nonalcoholic one. If you're the host, be sure to provide plenty of cold, refreshing nonalcoholic drinks to keep your guests well hydrated. If you know you'll be driving, stay away from alcohol. And remember, there's no shame in taking a cab or sleeping on a friend's couch if you feel at all unsure if you should be driving.

Pledge to  
**Drink Responsibly**  
this summer.

You've earned it—  
don't waste it.

**Don't Drink and**

- ☐ drive.
- ☐ boat.
- ☐ swim.
- ☒ all of the above.

DRINK RESPONSIBLY.  
**KEEP WHAT YOU'VE EARNED**

[www.nadap.navy.mil](http://www.nadap.navy.mil)

The poster features a woman in a military-style jacket in the top right corner and a car in the middle right. The background is a mix of yellow, black, and green.

Be smart this summer—think before you drink, and make sure that you and your loved ones will be around to enjoy many summers to come.

## ELECTRONIC CIGARETTES AND LIQUID SYNTHETIC DRUGS

Electronic cigarettes (e-cigarettes) are battery-operated devices, often designed to resemble a cigarette, that deliver and emit nicotine - containing aerosol. E- cigarettes are considered electronic nicotine delivery devices (ENDS) and have many names. They are frequently referred to as e-cigs, e-hookahs, hookah pens, vapes, vape pens, vape pipes, or mods. There are disposable and rechargeable e-cigarettes as well as refillable “tank systems” that hold a larger volume of the e-cigarette liquid (e-liquid) and that heat the e-liquid to higher temperatures.



First introduced as a way to help tobacco smokers eliminate cancer-causing chemicals from their habit, e-cigarettes have become a \$2 billion industry. The popularity of e-cigarettes has coined the term "vaping". Today, vaping is quickly becoming the most popular adult way to ingest nicotine.

**But there is a dark side to vaping: it is becoming a popular way to consume a wide range of dangerous new drugs including Bath Salts, hash oil, psychedelics and synthetic marijuana – often called Spice or K2.** In particular, vaping of synthetic marijuana appears to be on the rise, based upon recent studies and news reports. Users load a liquid solution containing their drug of choice into the device, turn it on, and inhale. The popularity of vaping synthetic drugs – inhaling them in a vapor form, rather than smoking – is increasing in the US and UK.

Today, sellers of synthetic weed are aggressively marketing liquid forms of the same chemicals used in traditional synthetic pot under new names. Liquid synthetic cannabinoids are sold using brands like Cloud 9, Hookah Relax, Crown, Bizarro, Shisha and Mad Hatter. By selling under new names, spice merchants bypass the increasing awareness of the dangers of smoking synthetic pot. For example its bad side effects, harsh withdrawals and addictive nature.

### Is vaping more dangerous than smoking?

The risks of vaping synthetic drugs may be greater than smoking them, for two reasons:

1. It's easy for users to mix-and-match various drugs in liquid form to make unique solutions and create unique mind-bending effects.
2. New users have no idea what solution they are inhaling, due to the above factor.

In states where vaping of liquid synthetic drugs has been rising in popularity, a number of dangerous incidents involving liquid synthetic cannabinoids have been reported.

### Vaping is becoming the preferred way to consume synthetic drugs?

- It doesn't burn your throat
- It doesn't leave a smoky or chemical smell in your clothes
- It can deliver a much stronger, more potent high
- No one can tell you're doing drugs

## ALCOHOL AND WOMEN'S HEALTH

National Women's Health Week kicked off on Mother's Day, May 10, and is celebrated until May 16, 2015. The goal is to empower women to make their health a priority. The week also serves as a time to help women understand what steps they can take to improve their health.

Exercise, diet, hormones, and stress: keeping up with all the health issues facing women is a challenge. Alcohol presents yet another health challenge for women. Even in small amounts, alcohol affects women differently than men. In some ways, heavy drinking is much more risky for women than it is for men.

Women's drinking patterns are different from men's—especially when it comes to the type of beverage, amounts, and frequency. Women's bodies also react differently to alcohol than men's bodies. As a result, women face particular health risks and realities.

### Why Do Women Face Higher Risk?

Research shows that women start to have alcohol-related problems at lower drinking levels than men do. One reason is that, on average, women weigh less than men. In addition, alcohol resides predominantly in body water, and pound for pound, women have less water in their bodies than men do. So after a man and woman of the same weight drink the same amount of alcohol, the woman's blood alcohol concentration will tend to be higher, putting her at greater risk for harm. Other biological differences, including hormones, may contribute as well.

### What Are the Health Risks?

**Liver Damage:** Women who drink are more likely to develop alcoholic hepatitis (liver inflammation) than men who drink the same amount of alcohol. Alcoholic hepatitis can lead to cirrhosis.

**Heart Disease:** Chronic heavy drinking is a leading cause of heart disease. Among heavy drinkers, women are more susceptible to alcohol related heart disease than men, even though women drink less alcohol over a lifetime than men.

**Breast Cancer:** There is an association between drinking alcohol and developing breast cancer. Women who consume about one drink per day have a 10 percent higher chance of developing breast cancer than women who do not drink at all. That risk rises another 10 percent for every extra drink they have per day.

**Pregnancy:** A pregnant woman who drinks heavily puts her fetus at risk for learning and behavioral problems and abnormal facial features. Even moderate drinking during pregnancy can cause problems. Drinking during pregnancy also may increase the risk for preterm labor.

## PRESCRIPTION FOR DISCHARGE

Zero Tolerance. Infinite Risk.

Posters and Fact sheets are available for order through the Navy Logistics Library. Supply personnel must order them via <https://nll2.ahf.nmci.navy.mil/> Multiple print products, social media messaging, leadership talking points, and videos are available for download at [www.nadap.navy.mil](http://www.nadap.navy.mil).

| Title                                   | Publication Number |
|---|--------------------|
| Prescription For Discharge FactSheet    | NAVPERS 535502     |
| Prescription For Discharge Poster 11x24 | NAVPERS 535503     |
| Prescription For Discharge Poster 18x24 | NAVPERS 535504     |
| Prescription For Discharge Postcard     | NAVPERS 535505     |
| Prescription For Discharge Table Tents  | NAVPERS 535506     |
| Infographic Poster                      | NAVPERS 535507     |
| Prescription For Discharge Banner 5x8   | NAVPERS 535508     |
| Prescription For Discharge Banner 3x5   | NAVPERS 535509     |
| National Take Back Day Banner           | NAVPERS 535510     |

## HOW ALCOHOL CAUSES DEHYDRATION

Excess alcohol consumption can cause dehydration in a variety of ways.

Firstly, alcohol decreases the body's production of anti-diuretic hormone,

which is used by the body to reabsorb water. With less anti-diuretic hormone available, your body loses more fluid than normal through increased urination. Drinking excessive amounts of alcohol can also cause vomiting, which depletes the body of fluids and can cause further dehydration.



The effects of alcohol vary from person to person, but in general the less a person weighs the less alcohol it takes to cause dehydration or vomiting. According to the Dietary Guidelines for Americans, moderate drinking is up to 1 drink per day for women and up to 2 drinks per day for men.

### What are the signs and symptoms I should be aware of?

If you are concerned that you may become dehydrated while consuming alcohol, look out for the following symptoms:

- A dry, sticky mouth
- Sleepiness or tiredness
- Thirst
- Decreased urination
- Headache
- Dizziness or light headedness

### How can I prevent dehydration if I know I will be drinking alcohol?

Drinking water along with alcoholic beverages can help to prevent dehydration. Have a glass of water before you start drinking alcohol and alternate alcoholic beverages with water throughout the evening. Drinking a glass of water before you go to bed will also help to relieve dehydration. A good alternative to water is an electrolyte solution which provides not only the water but valuable electrolytes.

### How do I treat the symptoms of dehydration after I've had excess alcohol?

Even if you feel fine the morning after heavy drinking, alcohol has long lasting effects that will reduce your ability to function at your best. Electrolyte replacement solutions and broths are ideal for replacing the sodium and potassium that is lost during alcohol consumption. Drink plenty of fluids, especially water and try to rest as much as possible.

## PREVENTION MATERIALS FOR SUMMER

### Sailor's Guide for Substance Abuse Prevention

Pocket-sized guides address substance abuse in the Navy and provide tips, strategies, and resources to increase your awareness, understanding and control of substance abuse.



### Street Drug Booklet

An 80 page booklet filled with high-resolution photographs covering all commonly abused street drugs today including K2 or Spice and Bath Salts.



To order, visit the Navy Logistics Library at

<https://nll2.ahf.nmci.navy.mil/>  
Search "NADAP" in the keyword field.

## SPICE ON THE RISE

There have been recent increases in emergency room visits for synthetic marijuana (also called spice) in New York, Mississippi, Texas, and Alabama. Some health officials are speculating this increase may be related to a new ingredient. Synthetic marijuana is a variety of dried plant materials sprayed with synthetic cannabinoids and is sold under names such as "Spice," "K2," "Spice Gold," "Sence,".

- **In New York, between April 8 and April 15, more than 120 emergency department visits related to “synthetic marijuana” were detected.**
- **Alabama Department of Public Health issued a statement last week acknowledging a rise of synthetic marijuana usage and said there had been 98 overdoses suspected to be linked with "spice" in the previous month. Mobile County alone has seen seven cases in 2015 so far, more than the entire previous year, the statement said.**
- **Mississippi health officials are also concerned that synthetic marijuana is on the rise. April 2, 2015, there have been 511 reports of spice-related emergency room visits from Mississippi hospitals.**

### Synthetic Marijuana Is Not an Herb or Natural Product

Spice, or synthetic marijuana is not a natural product. It is an unsafe mixture of plant products and chemicals that have powerful effects on the mind and body. Spice products contain unpredictable chemicals in unregulated amounts, with more extreme health effects than marijuana.

#### Typical symptoms are:

- Severe agitation, hyperactivity and anxiety
- Racing heartbeat and higher blood pressure
- Muscle spasms, seizures, and tremors
- Intense hallucinations and psychotic episodes
- Coma

Users of synthetic marijuana can experience these symptoms or others, in varying strength. Because there is no control of the types or amount of chemicals it contains, users have no way of knowing what they are ingesting.

### Spice is Easily Available

Spice products have been easy to legally obtain because they contain novel synthetic chemicals which change frequently. The FDA has banned many of these chemicals, but new versions are appearing constantly in order to evade regulation. Their easy availability, convenient packaging and claims of being "natural" have made their use very popular among teens and those who want to avoid standard drug detection processes.

## IS IT SPICE?

Spice products resemble shredded plants or potpourri and are usually labeled not for human consumption to avoid regulation. Some may be sold as incense. Spice products go by many names:

- K2
- Mojo
- Skunk
- Spice
- Spice Diamond
- Moon Rocks
- Yucatan Fire

## ACTIONS TO TAKE

If you think someone has used synthetic marijuana and is experiencing distress, act quickly.

- If someone stops breathing, collapses, or is unresponsive, call 9-1-1 at once.
- If someone is showing signs of synthetic marijuana use, such as extreme agitation, paranoia, hyperactivity or tremors, call the poison control center to determine whether medical help is needed.

**If a member uses, possesses, promotes, manufactures, or distributes synthetic drugs, they face disciplinary action that could result in unfavorable separation from the Navy. The Navy's policy on substance abuse is zero tolerance.**

## DEFY SUMMER CAMP SET TO LAUNCH

Starting in June, Drug Education For Youth (DEFY) will launch the leadership component at thirty-five command-sponsored sites.

DEFY provides leadership and life skills by initiating team building, goal setting, decision-making and conflict resolution. The program is designed to strengthen and improve their resistance to negative influences, such as anti-bullying, leadership skills and increase their awareness of the harmful effects of drugs.

Commands can help ensure the success of their local programs by helping recruit volunteers and support command staff to serve as positive adult role models and providing the resources necessary to operate the local program. DEFY relies heavily on volunteers to serve as adult role models and is beneficial to volunteers and attendees alike. Participating in defy provides valuable real-life experience that includes mentoring, tutoring, supervision, leadership, logistics, public speaking, instructing, and finances. Despite the hard work and long hours, many sailors and marines that have actively participated in a local defy program return to their commands a better military member.



Non-residential programs require 8-10 hours of work each day and residential programs require adults to be with the youth 24 hours per day.

Parents interested in enrolling their children in this substance abuse prevention and comprehensive life skills program should contact the local program coordinator for their area. The DEFY program office can be contacted at (901) 874-3300 or by email [mill\\_n17\\_defy@navy.mil](mailto:mill_n17_defy@navy.mil).


Check out the DEFY website for more information:

[http://www.npc.navy.mil/support/21st\\_century\\_sailor/nadap/defy](http://www.npc.navy.mil/support/21st_century_sailor/nadap/defy) .

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# PIER PRESSURE



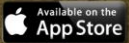

Do you have what it takes to fulfill your Navy mission?  
Prove it and watch as you move up the ranks.



But don't let a night out with friends get you sidetracked.

Will you earn rank... or a reputation?

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DRINK RESPONSIBLY  
**KEEP WHAT YOU'VE EARNED**  
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## SOCIAL MEDIA MESSAGES

The below social media posts provide short, concise messaging for DAPAs, ADCOs, PAOs, health educators and Navy leadership to share with Sailors through social media channels.



### Keep What You've Earned Campaign

- The summer season has finally arrived! Make the pledge to drink responsibly this summer. Why do you drink responsibly? #KeepWhatYouveEarned #drinkresponsibly  
[http://www.flickr.com/photos/nadap\\_usnavy/9614139537/in/photostream/](http://www.flickr.com/photos/nadap_usnavy/9614139537/in/photostream/)
- This June marks the Navy's second annual Drink Responsibly Month. Watch the Keep What You've Earned video to learn some basic responsible drinking tips. #drinkresponsibly  
<https://www.youtube.com/watch?v=b56h9hg0Bnc>
- Participate in the Navy's second annual Drink Responsibly month by donating one of your weekends to being a designated driver for friends and fellow Sailors. #challengeaccepted #drinkresponsibly  
[http://www.flickr.com/photos/nadap\\_usnavy/9025071151/](http://www.flickr.com/photos/nadap_usnavy/9025071151/)
- It's summertime! Remember that it's easier to become dehydrated in warmer weather. Make sure to alternate alcoholic beverages with water. #funinthesun #drinkresponsibly
- Happy Independence Day! If you plan to drink on July 4, DON'T drink and drive. Use this link to find safe ride program in your area, or talk to your command DAPA to see if your base already has a safe ride program in place. #gethomesafely #dontdrinkanddrive  
<http://duijusticelink.aaa.com/for-the-public/aaas-role/public-education/sober-ride>

### Prescription for Discharge Campaign

- The number one priority of the Navy is to keep their Sailors mission ready. Misuse of prescription drugs poses a harmful threat to the readiness of Sailors and their missions. Don't put yourself or your fellow shipmates at risk by misusing a prescription drug. Learn more at [www.nadap.navy.mil](http://www.nadap.navy.mil) #PrescriptionForDischarge
- Test Your Knowledge: Did you know that more than 500 Sailors popped positive for illegal prescription drug use in the past two years? Be smart. Don't misuse. Visit [www.nadap.navy.mil](http://www.nadap.navy.mil) #PrescriptionForDischarge #ZeroTolerance #InfiniteRisk
- During deployment, you may rely more heavily on your prescription medications due to the increased physical and mental demands. Consult your doctor before, during and after deployment to monitor your health and prescription drug use. #RxSafety

## ADCO SUMMIT TO BE HELD IN MILLINGTON

NADAP will be hosting the 2015 Alcohol Drug Control Officer (ADCO) Summit from **2-4 June, 14-16 July and 28-30 July 2015 in Millington, TN.**

This Summit will bring together ADCO's from across the fleet for a three-day presentation featuring various subject matter expert speakers discussing the latest information on drug/alcohol abuse, trends in incidents, and prevention approaches. The summit will also allow an opportunity for open forum discussions and networking. All in attendance will be charged with developing a holistic approach to reducing alcohol abuse and implementing effective substance abuse prevention.

Additional information can be obtained by contacting (901) 874-4403/DSN 882, or [email](#).